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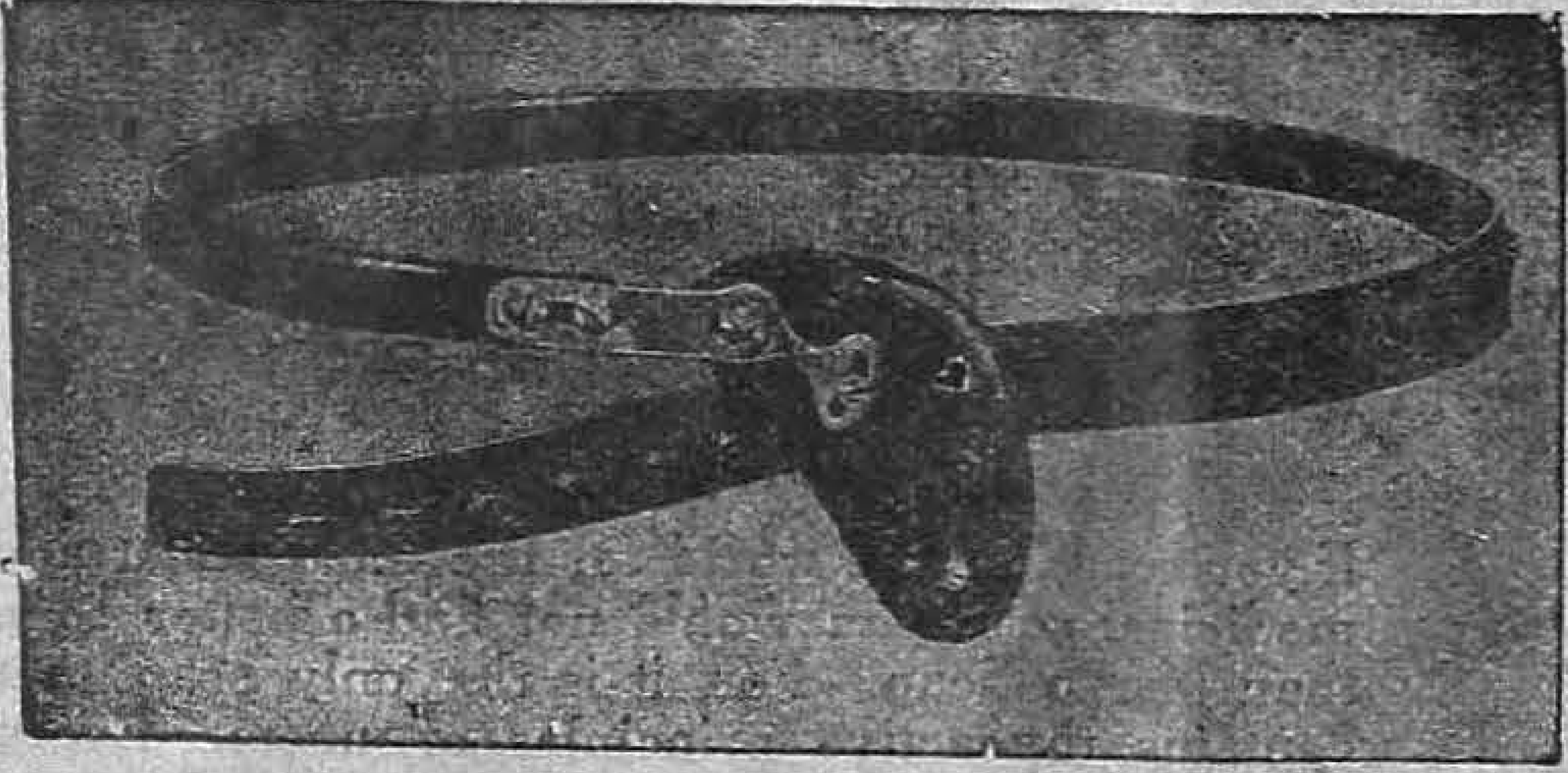

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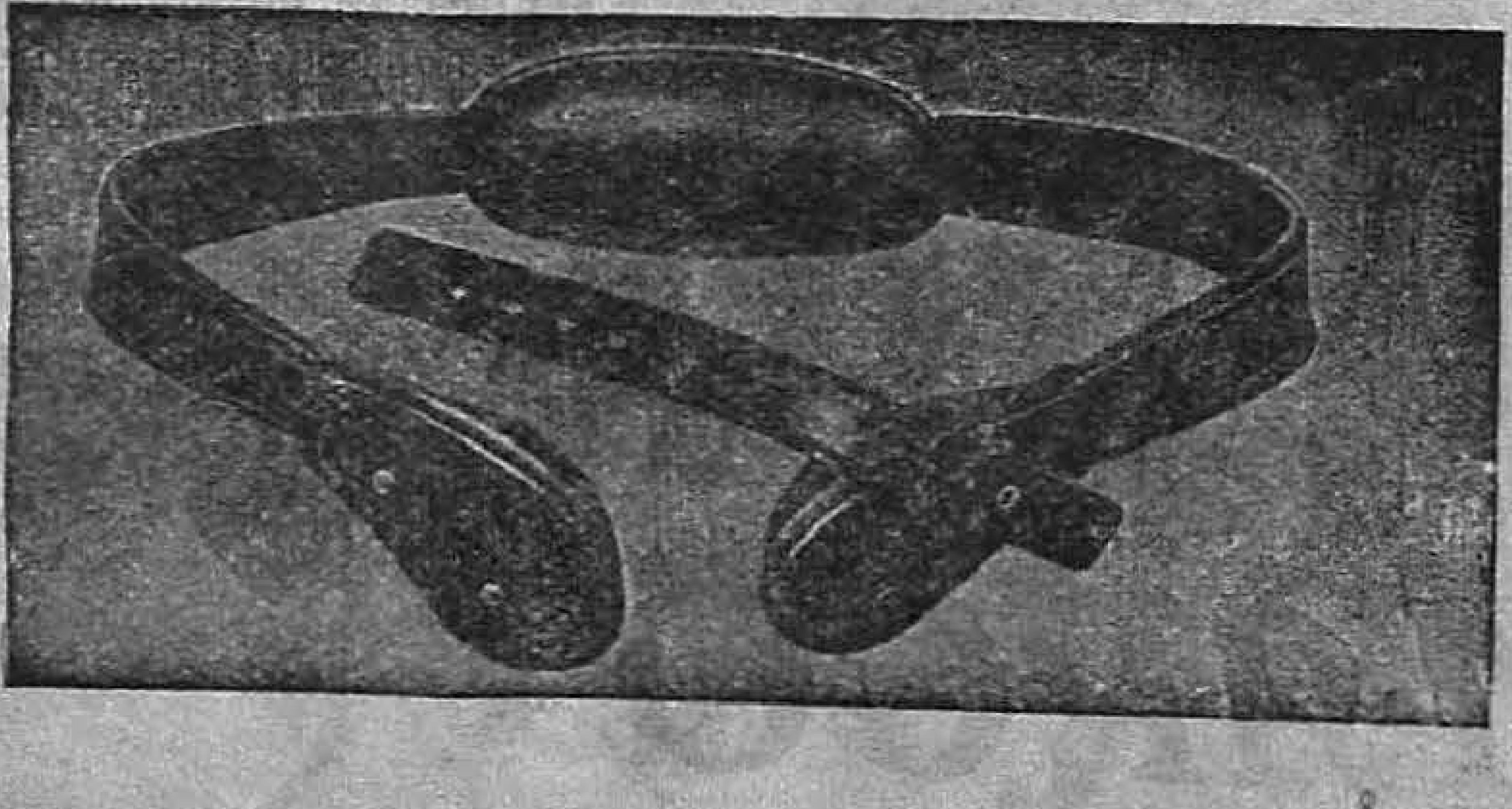

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Editorial

Weather and Disease.

The climate of a country is the barometer of the nation's health, wealth, strength and stamina. People, living in a cold country, with a temperate climate, are generally active, powerful, intelligent and resourceful, while, inhabitants of tropical countries are always depressed, slow, weak and timid. Climate exerts considerable influence on the physique and mind of an individual and is the cause of many diseased conditions. Certain diseases are peculiar to the tropics such as cholera, small-pox, malaria &c. and they appear and disappear with the seasons with clock-like regularity. For instance, July and August are the months favourable to cholera and it has since been found out that flies are prolific in these months and multiply by millions. It is a known fact that cholera infection is carried by flies and when flies in swarms sit on fæcal matter and at the same time feed on milk, food &c. meant for human consumption, infection is started. Thus seasons affect the health of the people and the recent researches of Mr. Peterson have revived sufficient interest in the study of what is called '*Geo-Medicine.*'

"*Geo-Medicine*" is that branch of Medical Science which relates to the study of climatic, meteorological and geographical influences upon the biology of disease. It is no new science. In the Middle Ages in Europe, considerable attention was paid to environmental influences in disease. In Ayurveda, weather played and still

plays a prominent part in the diagnosis of diseases.

The Seasons of the year are divided into Spring, Summer, Autumn and Winter. Spring is the period of emergence from extreme cold to mild heat. This season is therefore said to be very pleasant and healthy. But when summer comes, various mental and physical disorders are set up. The nervous system is terribly affected. Among epileptics, 'the fit-incidence, rises when the weather is close and sultry and before and during storms'. Migraine is likewise affected by the weather. Sufferers know that they must expect the attacks when the weather is close, stuffy and relaxing; whilst clear, invigorating, sunny weather means the attacks will be unlikely. Persons suffering from neuralgia and other chronic pains get some relief during clear weather but their condition is aggravated when it is damp and cold and when the winds are keen; sufferers from paralysis agitans are usually worse when it is very hot or cold and better, when the weather is equable.

Weather also influences the course of a chronic psychosis and 'unfavourable conditions may exaggerate pre-existing states of either depression or excitement. Phases of intensification may coincide with changes in the lunar cycle and the older superstitions which are responsible for the term, lunacy—are not devoid of a foundation in fact!' Too much heat and sun-light are harmful. Too little sun is also injurious.

"Certain diseases are peculiar to the tropics such as cholera, small-pox, malaria &c. and they appear and disappear with the seasons with clock-like regularity."

Now, coming to autumn, which is the season of rain, conditions of nervous instability have been noted. Attacks of nervous vomiting occurring during wet weather in dogs, cats and occasionally in humans, have been recorded about a century ago by Erasmus Darwin. Protracted, rough weather at sea is said to produce among

sailors head-aches, sleeplessness and irritability.

In winter, you have many disorders of the respiratory and nervous systems.

In this connection, let us consider certain idiosyncrasies of the weather such as long and continued drought, heavy down-pour of rain resulting in floods, thunder, lightning, earthquakes &c. These cause a wholesale devastation and destruction of mankind in the affected parts.

Dr. Macdonald Critchley, M.D., F.R.C.P., in his address delivered recently before a joint meeting of the Royal Institute of Public Health, and the Institute of Hygiene, London, a summary of which has appeared in the *Medical World*, from which we have extracted freely, gives a very graphic description of the appearance of the dead body in a fatal case of lightning, which we are tempted to reproduce here:—

> " Every fragment of clothing may be flung away; limbs may be severed as though with a knife; and even the viscera may be torn out. Sometimes however, the body is found in strikingly life-like postures. An old-time description tells that eight farm labourers were struck while resting at dinner time under an old oak tree. One held a glass, one was carrying a piece of bread to his mouth and a third held a plate. On another occasion, a woman was killed while picking a poppy; the body was discovered with the flower still in the hand.
>
> We are not sure of the precise cause of death in lightning accidents. Death may be due to the heart-failure, or to inhibition of the respiration."

Now, how to avert the dangers and diseases resulting from climatic changes? In one word, you must come more and more into contact with Mother Earth, the Sun, the Wind, and the Rain. You must not shut yourselves up indoors, rather, you must get acclimatized to the weather conditions. You will then become immune to these attacks.

Lastly, there is that vast subject of planetary influences upon man's conduct, about which no research has been attempted as yet. Science has now established close relationship between Weather and Disease. Shakespeare's belief in climatic influences upon mental disease, has come too true, when he said: "I am but mad north-north west; when the wind is southerly, I know a hawk from a hand saw." Likewise, Science may also establish relationship between the planets and man's conduct, Shakespeare's observations herebelow, notwithstanding:—

"This is the excellent foppery of the world, that, when we are sick in fortune—often the surfeit of our own behaviour—we make guilty of our disasters, the Sun, the Moon, and the Stars; as if we were villains by necessity; fools by heavenly compulsion; knaves, thieves and treachers by spherical predominance; drunkards, liars and adulterers by an enforced obedience of planetary influence and all that we are evil in by a divine thrusting on."

Verily, there are more things in heaven and earth than are dreamt of by us, mortals!

Humanity Towards Parasites

By Dr. G. Raman Pillai, M.B. Ch.B.,
Trivandrum.

MAN compromises his existence by stretching his humanity to the point of undiscriminating *Ahimsa*. He would not hurt the fly that can convey the cholera infection, nor the rat that can carry the plague, for reasons of humanity towards these creatures. On the one hand, he would take great pains to revive and build up manhood out of the still-born babe, nurse his crippled brother for the rest of his life, and prolong the miserable existence of the lame or decrepit cow, urged by innate sympathy for his fellow-creatures; but he would at the same time, also exploit his brethren for his own gain, and slaughter millions of healthy adults on battle-fields and in peaceful cities. He would release the caged bird, but not his own brethren groaning for social or political freedom. He strains, with some emotion, at rescuing a gnat, while he 'slaughters camels' ruthlessly and wholesale! Preaching scrupulous *Ahimsa* on trivialities, he perpetrates the most heinous of crimes blatantly on the eternal verities. Presumably, he declares that all that is necessary is to preserve life, although the spirit may be crushed. All cries for pity for the weak are drowned by the expletives of spite from the competing strong. Is this the 'humanity' of modern refinement?

The *dharma* of *Ahimsa* must 'begin at home.' Human beings must safeguard human interests first and foremost, as a condition antecedent to the progress of the world through the only rational beings in creation. Man must declare open and unrelenting war, not on his own species, but on his parasites, if he is to survive. Left to Nature and without the intervention of rational Science, that also is a phenomenon of nature, the human race would have been exterminated by the plagues of various kinds. Man's genius in Science has undoubtedly a part to play in Nature's economy—in spite of the fact that his talents are liable to be abused. Our consciences seem to be satisfied if we surreptitiously rescued a hunted plague-infected rat from the clutches of the plague officers. We have to ask ourselves: "Are we retrieving for the benefit of a virile world what is best in creation, namely man, and ridding it of what is imperilling the existence of the elect in creation?" If the common interests of the human family are not cared for, the family is doomed in spite of all sectional and individual enterprise and advantage. We are carrying our 'humanity' too far when we let our parasites live and thrive at our expense, just as we are withholding this divine mercy and fellow-feeling when we exploit and persecute our brethren for national or individual ambitions. The cripple lives cared for; the whole ones live in dread of sudden dissolution into the elements, from incineration or poison gas, or the slow wearing-down corrosion by tyranny, usury, or want. It is high time we revised our ideas and realised the true significance about humanity' and 'Ahimsa.'

The struggle for existence necessarily involves the search for our advantage over other creatures. We are alive today because our forbears had managed to sweep our enemies out of our way. We live today because many a dire disease was kept at bay through the help of Science. And Science could not have achieved this had we insisted on our *dharma* that in its extreme form absolutely forbids the killing of the mosquito, the fly, the rat or even the microbes of disease. *Ahimsa* would be the ideal if no species lived upon another; but Nature is not ordered on that pattern. Rational man is busy seeking advantage even over his brethren of the same species instead of sharing a minimum of equality compatible with life. Let him see to it that the enemies of his species do not exterminate him. The line between *Himsa* and *Ahimsa* has to be drawn at the point of safety of mankind as the main consideration. The parasites of the human race should receive no consideration. Even the scriptures sanction the destruction of the enemies of the human race. A reasoning animal should not reason itself out of existence; it should far rather find excuses for its superior claims for the mastery of the world. Nature eliminates the effete and the redundant in creation; and mankind is expected to take care of itself against the inroads of its enemies. Herein comes the play of Science as the means for the survival of man on earth.

Science is not necessarily the spoliator or the hang-man of nature. Science has been instrumental in saving and even generating more lives than are destroyed by wars. Are not the modern conveniences and comforts that doubled the world populations on a higher standard of life the result of Scientific achievement? The intentions of Science are humane in the essence. Her aim is also to facilitate the Dharma of Ahimsa to prevail, if that is possible. It is quite possible to avoid taking the life of the fly, for example, and at the same time save ourselves from these insects, by the simple means of controlling its breeding. The house-fly breeds upon exposed filth. Epidemics follow the foot-steps of the "filthy feet of fæcal feeding flies," filing freely on our foods. Avoid exposing filth in your yard or on the roadsides, and you prevent or limit their multiplication and consequently their capacity for mischief. If we scatter filth around us, we must be prepared to take the lives of the billions and billions of flies that have been born out of the eggs conveniently laid on that filth. We are thus led to committing what has become a necessary destruction of lives for our safety, because we have permitted, even abetted, their unlimited re-generation. It is obvious that the sin of killing them could have been avoided if we had prevented their being born, through an efficient conservancy arrangement. The crime of killing them should be charged to the account of those who exposed filthy matter deliberately or through ignorance. Indeed it may even be said that the control or prevention of unwanted births is in itself a means of achieving Ahimsa. Little wonder that Mahatma Gandhi, the soul of Ahimsa, brands the insanitary act as almost a sin upon Society. To make latrines of our roads is a double sin; it is an outrage upon Society and it leads necessarily to the killing of millions of lives (of flies.)

Science has conquered malaria in the Panama Zone by drastic methods of prevention of mosquito breeding, through the knowledge of the life-history of the mosquito and of the parasite of the disease. She has, besides, taken steps to limit the endless reproduction of the rat that carries the violence can be attained only through Science by progressive research and experiment enabling us to adjust the biological balance in nature. Until such a millennium its attained, when we can let the living carriers of disease unmolested and the growth of microbes inhibited, we have to preserve the

Rat—The Vehicle of Goddess Mahamari or the Plague.

plague to our bodies and our homes. What is more, she is seeking by inoculations to protect human beings from the diseases carried by animals that are almost our associates whom we shall be driven to destroy for our safety. Science is not at variance with our cardinal *dharmas*. Who can tell that Science cannot eventually evolve a means of accomplishing universal *Ahimsa* in harmony with world progress! Indeed it would appear that the ideal of universal non- human species from chronic degeneration or extinction, by the unavoidable campaigns against them. Humanity towards our parasites and their carriers is misplaced *Dharma*. Man's primary *Dharma* demands that he shall do his best to preserve his own species. If this can be done through *Ahimsa*, the greater would be his glory. Would not Science achieve this if we trust her and follow her precepts founded on actual experiment, observation, and established conclusion?

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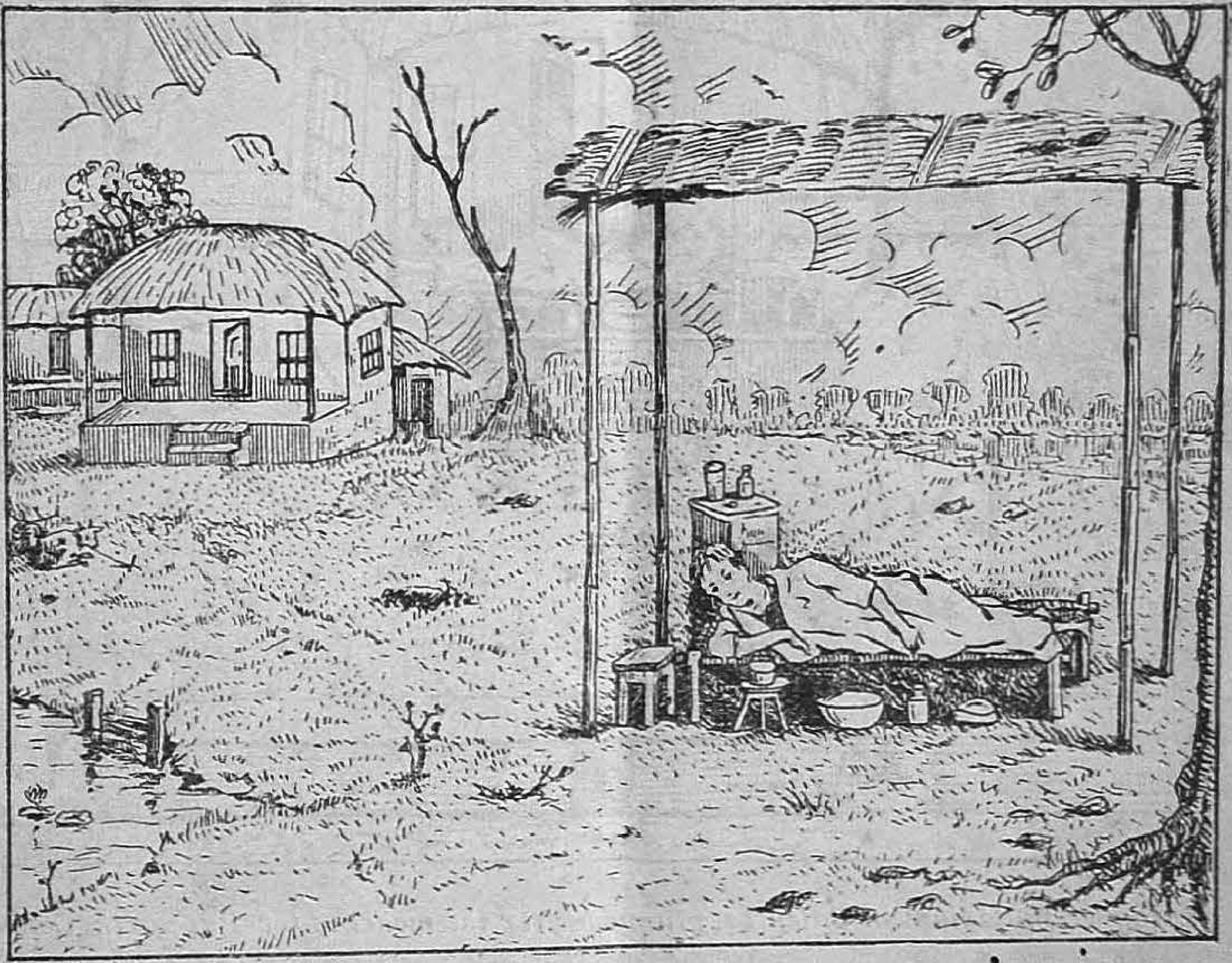
4 JUL 1937 MADRAS

PAPWORTH COLONY

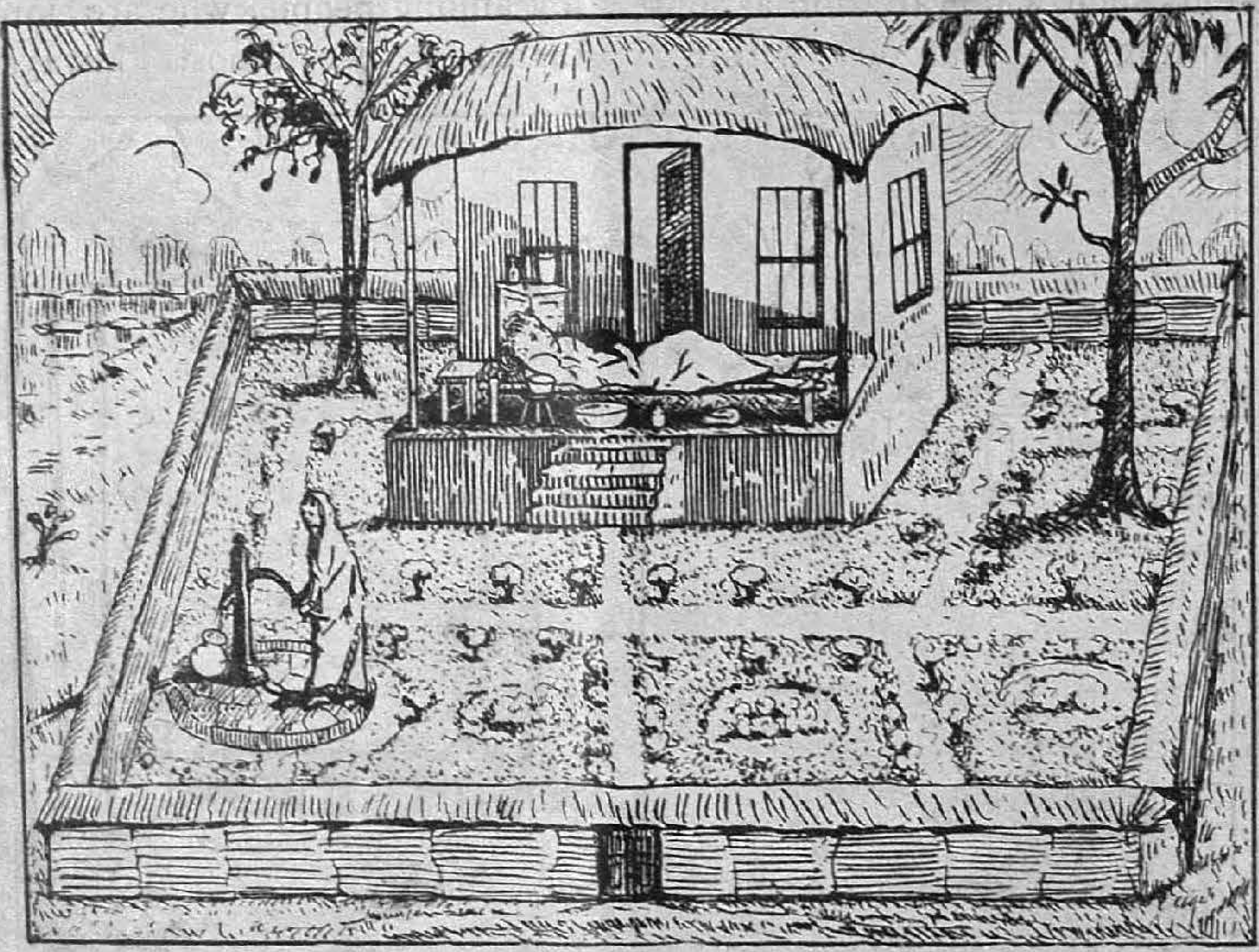
Rai Dr. G. C. Chatterjee Bahadur,
M.B. (Cal.), F.R.I. (Lond.)
Calcutta.

It is well known that the scourge of tuberculosis, unlike epidemic diseases like Cholera or Plague, which comes and goes away in sudden waves, is a social disease ever present in all civilized communities living in towns and is intimately connected with the habits and manner of living of the people. Besides, it presents such wide variation as acute cases killing the sufferers within a month, or sub-acute cases lasting for a year or so, or very chronic cases lasting for several years, the last mentioned cases showing no untoward symptoms beyond occasional fever or cough or bleeding and so allowing the party in spite of the handicap of the disease to carry on his ordinary avocations of life. So to cope with these various types, different organisations or institutions have been devised by those who know intimately the disease. One of these is the Papworth Colony System. It is based on the knowledge that tuberculosis prevailing among people, who are long habituated to it, almost always takes chronic course, majority of whom if helped by environmental surroundings can retain their working capacity to the full and can remain uninfective and that not by application of any specific medicine or surgical operation. Among the adverse environmental surroundings, which tend to break down one's resistance power against the disease, are (1) location in congested



A Home Sanatorium in Calcutta where the Tubercular patient gets rest while ill and works while well.

town with its vitiated air, (2) strenuous labour which one has to undergo to eke out a living out of the competition of the world and (3) reinfection from his own near relatives, which tends to increase the virulency of the disease. To deal with these, this Papworth Colony System, named after a place situated near Lodon has been devised. There is no necessity for going into details of the internal organisation of the Colony. Its aim is sufficiently expressed



A Home Sanatorium in Calcutta, planned after ihe model of the Papworth Colony.

by one word, namely " Factory in the field" *i.e.* providing work, under best environmental surroundings, away from towns so long as the sufferer is considered fit, by the Superintendent to undergo the labour without any injury to his system. When the patient gets fever, a lying hall *i.e.* a place where he can take rest under supervision of the superintendent, is provided. The present Vicerene, Her Excellency Lady Linlithgow who served as Vice-President of this Colony has expressed her desire to form one such here to cope with this disease. If this simple procedure of remaining in open air and rest and work under control succeeds not only in arresting the disease but making them useful, preventing at the same time infection, the hands of the mechanicians, who, ignoring that environmental surrounding can produce immunity in tuberculosis, resort to surgical interference doing positive harm, will be stayed. It need hardly be said that if the same principles be adopted at homes of the patients under good environmental surroundings under the name of the Home Sanatorium Method under supervision of the general physicians, trained in this work, the dreadful problem can be solved to a great extent.

Above is given the drawing of a tiled cottage situated in Calcutta, belonging to a man who works as peon in Munsif's Court getting Rs. 13 a month whose child aged 8, when detected was

found in advanced stage of the disease (cavity formation). She could get rid of the disease and is up to now (6 years have passed) perfectly healthy by lying perfectly at rest in the open, day and night, in this cottage, for one month, and then she was subjected to graduated exercise later on. Another case, an adult, living similarly in a tiled house, showing whole of the left lung destroyed, got rid of it, and is earning his bread by dint of hard labour; 6 years have passed since he got the disease. The method adopted is similar to the above: he lay under the canopy of heaven in a bustee for two months when he had fever. He was then subjected to auto-inoculation method of treatment. No-brick-built, several-storied house, provided with anything in the shape of luxury, beyond barest requirements for maintaining life in a poor man's hut was necessary, to arrest the disease.

Health Museums in Municipal Towns and their Importance.

By G. T. Gopalakrisnna Naidu, L.P.H.,
—Asst. Dist. Health Officer, Chittoor.—

We may think that the above title may be self-explanatory; but one is at a loss to know what it actually stands for unless he has an insight into it. And this is possible only when a Health Museum exists, the starting of which, in Municipal towns, augurs good for the future. More so is it, when South Indian cities take up this scheme among their other improvements. One therefore has to congratulate the Karaikudi (Ramnad District, Madras Presidency) civic authorities for having launched proposals for a very useful institution such as this and it now concerns them to push on with the scheme with redoubled vigour. A strong mind and a sound finance are all that are necessary. Else, it would meet with the same fate as the one suggested by the present writer in Virudunagar Municipality during 1932, where the scheme could not be carried out for various reasons.

Aims and Objects.

It must be admitted with shame that the average Indian now-a-days lacks sanitary conscience. Even a highly educated youth is in utter ignorance of how he should keep himself and his surroundings clean. As if to drive home to his mind and make an impression on him, the Health Museum invites him and displays before him materials, object lessons, models etc., and teaches him at a single day's sitting, what he and others could not learn for years together. Such teachings imparted slowly but surely will certainly bear fruit in the long run. Sanitary ideas begin to take root in the minds of people; they understand the causes and preventive aspects of epidemics; causes of infant mortality, high death-rate and low birth-rate are well-nigh understood; and various other items are learnt in this useful institution. The Civic Sanitary conscience automatically sets in, the health of the towns-people increase by ingestion of healthy

[Page 129

and nutrient food-stuffs, the economic condition of the people improves and we see a band of willing, strong healthy, enthusiastic townsmen who are prepared to shoulder any reponsibility which only gives them more and more comforts.

Location.

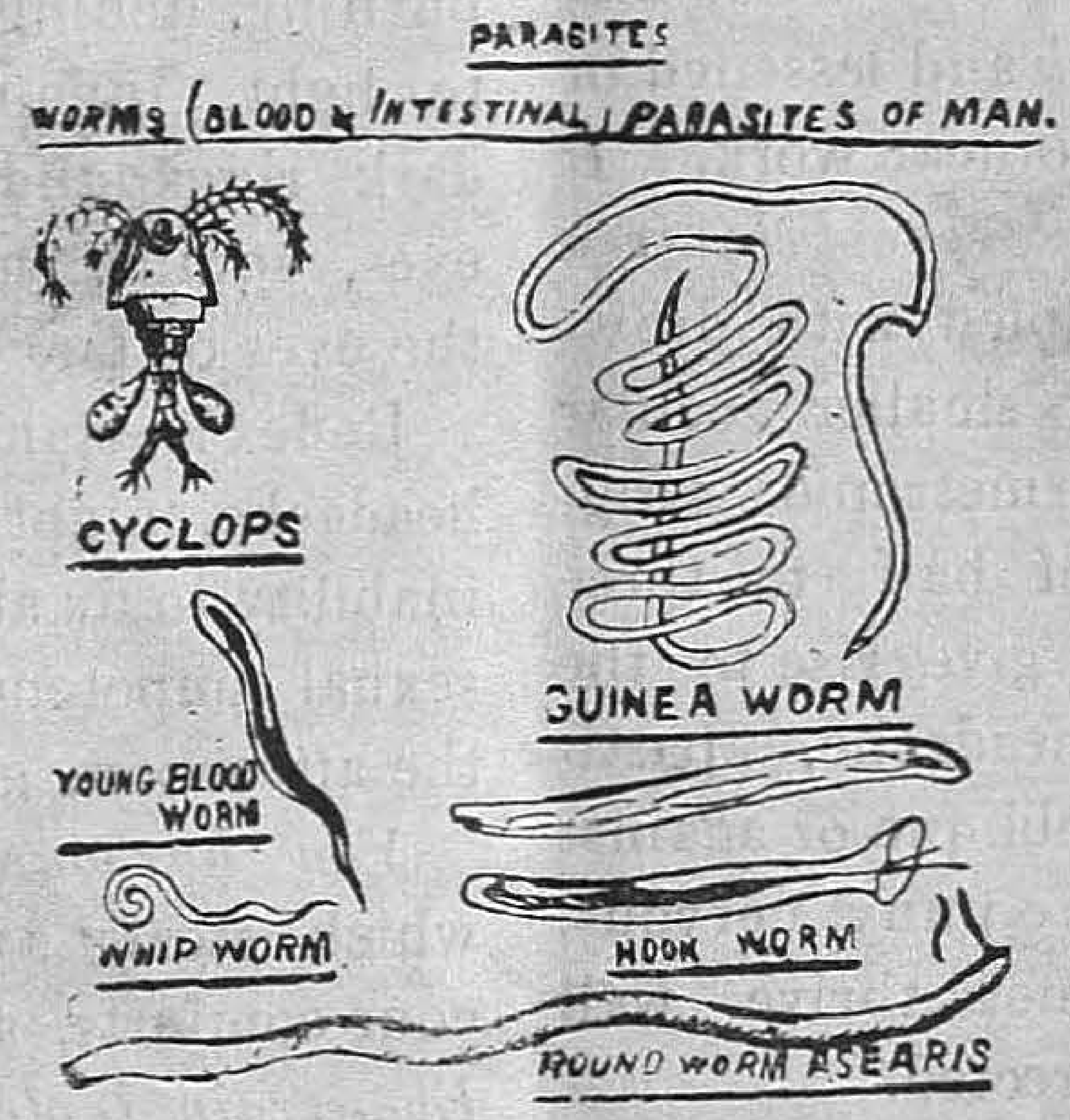
Having been impressed with what a Health Museum stands for, we shall proceed to locate the institution so that it may be viewed by one and all. A Health Museum should find a place as far as possible in the heart of a Town Extension, the roads of which converge to it from all directions. It is necessary that it should be housed in a big park or amid a wide expanse of trees and green vegetation so as to give a pleasant background and to keep the surrounding atmosphere less impure and more refreshing. All up-to-date and modern amenities as Radio etc., shall be available in these parks so as to attract the attention of even the active businessman; for it is only then, people not only from the place in which the Museum is situated, but also from other surrounding towns will frequent, and be benefited by the novelty.

Health Museum Requisites.

The building or buildings, which constitute a Health Museum, should be airy, ventilated and spacious. It should contain a Library hall where people can read all literature about Public Health and Sanitation. This Library may form part and parcel of a main hall where there is a stadium used now and again for a Health Drama, or exhibition of Cinema films or Public Health subjects. There should also be provision for running a model coffee club and aerated water factory, run on the most up-todate sanitary lines, so as to demonstrate to the people what protection from flies is, the sterilisation of cups, saucers and spoons ect., the clean table, the perfect drinking water and various other odds and ends, which are worth being copied. The people who resort to the institutions should also have an idea of what a sanitary latrine is and how it should be kept clean. Bore-Hole, and Trench-Latrines and the most commonly used Dry-Earth latrines should be installed and thrown open for public use, so that they may know how to use them. Installation of Tube-wells, or Bore-wells and a rough estimate of their cost and description are not without their value. Disposal of sullage through drains and ultimate treatment by a miniature septic tank or sewage farm, should also be shown.

Having had a rough external survey of the Museum, we shall now pass on to have an insight into the interior of the Museum itself. You expect to find scores of model on "Ventilated and Ill-Ventilated" houses, model cattle yards, sanitary wells, a healthy 'milch' cow and its exact opposite and a well-looked-after market etc. There is no use dumping these models as a matter of routine. They shall be manufactured to the minutest detail and should, as far as possible, be self-explanatory, being supported by written descriptions and explanations in the local vernacular. Posters and pictures on main diseases should be vivid and true to life and shall be arranged in systematic rows giving due place for the importance of different subjects. Models of persons suffering from fever with rash as small-pox, chicken-pox, measles, as contrasted from syphilis of secondary degree, should also be

exhibited. Parasites infesting man should be bottled and kept for view. Intestinal parasites as round worms, thread worms, hook worms, tape worms, and other parasites as Guinea worm etc., should be exhibited so that people may have an idea of the pathogenesis brought about by these worms in mankind, and how they should be combated. Physiolgical and pathological specimens of the human viscera have to be kept for impressing upon the on-lookers as to their condition in diseases so that these diseases may be avoided by the seeing public. Charts of Human Physiology explaining in detail the alimentary, genito urinal, vascular, nervous and other systems in man and how they become upset should also be exhibited. The relationship of man to animals, and how he gets infected from them should also be driven home into the minds of the visitors, by suitable pictures. A model sanitary Labour room, should be well maintained. A perfect analysis of the various food factors should be made and healthy food stuffs should be recommended for the different people in the town. Care should be taken to see that the people resorting to the Museum return the more benefited. Intelligent and painstaking assistants have to be in charge of the Museum. Suitable arrangements should be made for ladies in particular.



These should form some of the Exhibits in the Health Museum.

It is advisable to have the Municipal Child and Maternity Centres very near the Museum. The Office of the Health Officer should be adjacent as otherwise continuous supervision may not be possible. The proximity of these offices will help in the arrangements for weekly Public Health Lectures in the Museum Hall. In addition to all these, a small Bacteriological unit under the immediate supervision and control of the Health Officer should be located in the Museum, so that Bacteria of the municipal town will be kept under check whenever and wherever necessary.

End in View

Let it not be understood that the above enumerated list is complete. Every one knows that science is growing, enlarging and expanding and progress of Public Health dose not lag behind. If the vector of Kala-azar had been thought of then as the Bed Bug, it is now proved to be a sequelæ of Stegomyia mosquito bite. If in olden days, Lerprosy was found to have been due to ingestion of fish, that theory is no longer held. These are only instances to show that a constant overhauling of the Museum is necessary then and there to keep abreast of the modern researches. When such a condition prevails, it proves beyond doubt that the Municipal town which has wisely created the Museum, is also advancing towards a goal where one will see if not in the immediate future at least at a distant one, thousands of healthy men, women and children going about with cheerful faces, where

dirt, disease, and proverty are banished, where sounds of mirth and cheer rend the air and where finally people, in the words of *Swami Vivekananda*:

"go beyond it to enjoy real life" for "they shoüld Live in Him and stand in Him; although it seems to be so much harder, it will become easier by and bye'

Headache Due to Ocular Conditions

By K. P. Papat, L.R.C.P., C.S.L.M.,
Secunderabad

HEADACHE is not of itself a disease but merely a symptom of some organic or more frequently functional derangement. Ocular headaches are prone to recur at intervals or to be more or less constantly present in the form of dull headache. *It is worse while reading and doing needlework or any other kind of near work* and lessened or relieved on leaving the near work. *It is very common amongst school children in the afternoon,* coupled with drowsiness. It is the smaller ocular defects such as hypermetropic astigmatism (long-sight) of half to three quarter diopter that give rise to the most troublesome headache, particularly if the axis is oblique or against the rule. Children are puny, nervous, and sickly and do not thrive well until the eyes are corrected.

The most frequent form of ocular headache is that of brow-ache, frontal pain in the eye-ball or in the temples.

Cinema, shopping, long motor drives cause ocular headaches.

Causes of headaches are :—Glaucoma, which if treated in the early stage is curable, otherwise it leads to sudden or slow blindness; nose and ear diseases sometimes cause headache ; *Chronic disorders of stomach* and intestines ; *Tropical sun-light,* being rich in ultraviolet rays has harmful action on retina, eye-muscle, and pupils, and produces headache. The redness in the sun, produces high blood pressure, *Anaemia, menstrual* disorders, *Gout, Impurity* of blood, dental irritation, kidney disease, rheumatism &c.

Symptoms of eye-strain :—Local :—burning, itching, redness, intolerance to light, inflamed and crusty lids, dark rings and wrinkles round the eyes, squint, holding book too near the eyes or far.

Reflex :—stammering, sleeplessness, headache, night terrors, nervousness, inability to fix attention, forgetfulness, sexual impotence, mental fatigue in the afternoon, giddiness &c.

You harbour a thief (eye-strain which steals away your efficiency, your comforts, and even your health. *Eye-strain depletes the nerve centres, gives rise to brain irritation of various degrees, entirely alters the disposition and weakens mental power.*

Treatment :—Patients try all sorts of medicines for headaches advertised in papers and prescribed by medical men *with no permanent relief.* The best thing to do is to get the eye-sight examined under eye-drops (Retinoscopically) and use glasses constantly or otherwise according to the advice of of the specialist.

If the eyes are perfect, then patients should consult nose and throat specialists, and take treatment accordingly.

Meat Eating

By R. Rajagopalan B.A.
Salem.

Have you ever visited a slaughter-house? Herds of sheep wait at its gates quite ignorant of their coming doom. Frisking about and kicking each other, rubbing lovingly their little noses and now and then bleating pathetically, these poor creatures await their death. An hour later all becomes a few pounds of cold mutton in the hands of the unsympathetic butcher ready for the consumption of the Human Being! If only a flesh eater will watch the proceedings of the slaughter he will shudder at the sight of the gushing blood, the last moan of the dying victim and the life's last ebb. The atmosphere will be very sickening and there will be an yearning for running away from the place. A pound or two of dead flesh stuffed with savoury spices becomes a palatable dish, which one devours with relish but the sight of hacking the animal ought to be nauseating unless one is hard-hearted. Human nature being what it is, a passing dog with a broken limb or a limping donkey with torn ears evokes pity. As such, slaughtering animals for satiating hunger is unnatural and custom only has hardened the heart of man and flesh-eating has come to him as an ordinary thing in life.

The primitive man was a flesh eater, says the western world and the story of the savage, who burnt the huts for cooked pork is well-known. On the other hand there is the Darwinian theory which traces the origin of man to monkey, which is a strict vegetarian. Even the civilised Indian of olden days sacrificed animals and ate their flesh in the belief that they are eating the remnants of their deity's meal. At least the high caste men of India have replaced their animal offering with nutritious grains like black gram. It is a pity that the world's major population are non-vegetarians. Except a few in India all the rest are pronounced flesh-eaters. One saving grace in this is that at least Indians bind themselves within certain limitations while eating meat. The Westerners gorge themselves with flesh which forms their substantial meal. According to the Hindus, eating flesh to put on flesh is a sin. Hindu non-vegetarians are debarred from eating flesh on certain days and on certain occasions. Nations of the Far East who belong to a religion which strongly advocates "*Ahimsa*"—Buddhism—are miserable meat eaters. Chinese chefs are the attractions of foreign hotels and they are famons for their talents in the culinary art.

Man who is supposed to be the supreme of God's creations is not a flesh-eater by birth. The undeveloped canines have been attributed to as a sure sign of vegetarianism. When he abhors the man-eating cannibal he should also abhor a flesh eater. Structure of the human organs and animal organs is the same. The signs of life as walking, running, breathing, crying etc., are common for both. Animals also succumb to all diseases to which human beings are liable. Their blood

is as red as ours. Is it then a wonder how a man can pass over meat-eating! A civilised man, who lives on flesh is no better than a cannibal. If he relishes the meat of a lamb or a calf, he should also eat with the same spirit of indifference the flesh of an infant. Why should he shudder at the sight of the murder of a man when he can see without a flutter of the heart, the slaughter of a sheep?

Man should live and to live one must eat. Vegetable kingdom is provided by the Creator for the consumption of men. When a huge animal like the elephant can subsist on grass and grains, a puny man ought to find the vegetables more than sufficient. Of course, scientists have proved to the world that there is life in plants also. Man and the beast should survive and plants should form the diet. The sense of smell and sight are the same for all men. When a basket of fruit or fresh vegetables give pleasant smell and sight, does a dangling carcase please the senses? There is also the other argument that killing one life is not so bad as destroying two lives, that of plants and animals, for, a non-vegetarian lives on vegetables also.

Mahatma Gandhi, Romain Rolland and George Bernard Shaw, three great men of the world are staunch vegetarians. G. B. S. in a recent interview said "I object to carnivorous diet not only because I feel instinctively that it is abominable but because it involves prodigious slavery of man to animals. Cows and sheep with their valetaille of accoucheurs, graziers, shepherds, slaughterers, butchers, milkmaids and so forth absorb a mass of human labour that should be devoted to the breeding and care of human beings. Some day I hope we shall live on air and get rid of all the sanitary pre-occupation which is so unpleasantly aggravated by *meat-eating*".

There are three classes of vegetarians. One sect, very staunch vegetarians, debars milk as representing animal food. The second includes it while the third has no objection to eating eggs also saying that life in eggs is dormant and corresponds to plant life. They argue that eggs and milk do not affect the producer—the hen and the cow. Just like the soil produces more on manuring, the hen and the cow give more returns on good feeding and proper care. If at all human beings require animal food, these two—milk and egg—form the best diet.

The human system requires three kinds of nutrition for growth and preservation. They are starch, proteins and organic minerals in the terms of a layman. All the three are found in abundance in the vegetable kingdom. Below, a few vegetable equivalents for animal food covering the above three are given:—

	Animals.	Vegetables.
I. Starch.	Fats, milk products, such as cheese, butter &c.	Potato, pumpkin, bananas, wheat, rice &c.
II. Proteids.	Muscular part of animals, fish, fowls, white of eggs.	Cereals, outer coverings of grains, all kinds of pulses, peas beans, brinjals etc.
III. Organic minerals.	Red blood of animals, butter milk, skimmed milk.	Bran of grains, fruits, apple, pear peaches, oranges, lemons, cocoanut etc., spinach, cabbage, tomatoes, leafy and juicy vegetables

Some Dietetic Fallacies

By Manda Venkata Narasimha Rao, B.A.

Berhampore

INDIAN people have got grave doubts and peculiar notions, which should be dispelled for considerations of good health, regarding certain food combinations. Numerous wrong impressions have taken hold of us on account of age-long superstition and unscientific thinking. As long as we continue to become a prey to the demon of misunderstanding instead of slaying it we live in a wrong world leading wrong lives.

The commonest opinion and also the commonest practice is that for profound digestion water should be taken at the time of taking food. But the actual effect of such a step is disastrous instead of being beneficial. The reason for this is that the digestive juices on which depend good digestion after mixing with water lose their concentration and thus retard digestion. Moreover water taken at the meal time prevents mastication by rinsing the throat of its unmasticated contents which in turn are not easily digestible.

Another dietetic fallacy is that acids do not combine with milk. Thus very very commonly, people avoid taking buttermilk or anything sour for the matter of that after a cup of payas or other milk preparation. It is a mistake to think like that. Milk beaten up with orange juice forms excellent diet and is easily digested, the reason being that when such a combination takes place the curd which is more finely divided becomes easy of digestion.

Milk and sugar are an unfortunate combination, for they give ample scope for fermentation to set in.

Fruits and vegetables are not a happy combination as many people think it to be. The fruit which is easily digested leaves vegetables undigested. The result is that indigestion sets in. So it is best to take fruits independently.

Another common feature of an Indian meal is the copious adding up of salt. The usual impression is that it will hasten digestion and promote a healthy system, but it is incorrect to entertain such an idea. The additions of salt retard the functions of kidneys and are more a curse than a benefit.

Then again, it is a fallacy to think that flesh foods are indispensable for the normal growth and maintenance of good health and that it is not conducive to good health to remain a vegetarian. The benefits of vegetarianism are too well-known to our people already to need here a specific mention.

The astounding energy of a monkey, the visible strength of an elephant and the soft temperament of a cow serve to show what a vegetarian is capable of. There may be disputes regarding certain animal products like egg and milk. After due consideration I classify them as foodstuffs for the vegetarians also. The rule of moderation should be advocated strictly regarding the latter foods.

Another widespread opinion is that

we live to eat and 'eat, drink and be merry', but such a view is entirely wrong and is fraught with dangers. We often err on the quantity side of our meal and suffer from worst diseases of the stomach. Besides many people keep up the chain of eating unbroken by taking in indiscriminately something or other from dawn till dusk. This is the worst of habits which will upset the stomach soon and bring in all sorts of ailments.

Lastly I may tell the readers that experience has shown the medical experts that it is no good to take astringent foods except in very small quantities. Nature and one's own constitution are the best guides and there will be no room to commit errors if we rigorously follow them.

Topics of Interest from Health Periodicals

The use of Apple Powder in the Treatment of Diarrhoeal conditions.—Of recent years papers have been appearing in various countries drawing attention to the value of apple diet in the treatment of intestinal disorders. A fresh communication on the subject is made by I. A. Manville, E. A. Bradway and A. S. McMinis (*Canadian Medical Association Journal*, March, 1937, xxxvi, 252) who have used a powder prepared from apples, 15 grammes of the powder being obtained from 100 grammes of raw apple. The advantages claimed for the powder are: (1) the powder represents a product of high and uniform potency; (2) the aesthetic difficulties of taste and colour are overcome; (3) the co-operation of the parents, in the cases of children, is more readily obtained, as it is not an easy problem to convince a mother that the same raw fruit which has often enough been the cause previously of diarrhoea among her children would also correct this very disorder; (4) the bulk of apple pulp makes dosage difficult; (5) the pulverized cellulose threads of the powder make a smoother stool; (6) the powder can be added easily to milk formulae and will not produce curdling; (7) it represents a product of uniform price; available at all times of the year; (8) it keeps well, is light and compact; (9) it is not rejected when given to children who are vomiting. It is however, admitted that in the preparation of the powder a large proportion, if not all, of vitamins A and C are destroyed, but the balance of advantage is considered to lie with the powder as compared with pulp. The authors state that a review of the case histories available in the literature of patients who have been treated with raw apple pulp for various intestinal disorders reveal 1,005 complete recoveries in 1,021 cases. They claim remarkably good results from their apple powder and state that it is a very potent preparation in the treatment of intestinal disorders, particularly in infants.—*The Practitioner.*

Summer Diarrhoea in Young Children.—These cases may begin with mild symptoms, but later become very

serious. It is essential to remember that milk is never well tolerated by feverish children. Stop all milk unless child is nursing. Clear broth, rice water, orange juice, and albumen water may be given if the child's stomach is retentive. Water, boiled and cooled, may be allowed in reasonable quantities, for most of these cases become dehydrated rapidly. The bowels should be thoroughly washed out by colonic irrigations of normal salt solution once or twice each day. Under ordinary circumstances it is most convenient to carry out this procedure in a bath tub with the child placed on a thick pad. It is important to remember that the solution should be run in very slowly through a glass funnel at the end of the colon tube, instead of through an ordinary fountain syringe. The use of the funnel and colon tube permits the escape of gases, and the pressure of liquid is not great enough to cause much discomfort. Several quarts may be allowed to run in and be expelled, and, if the procedure be carried out gently, the final result will be the expulsion of a large quantity of dark green mucus which may have been retained in the child's cecum and ascending colon. As a rule, the child's temperature will fall to normal within two days after treatment has been instituted, but milk should not be added to the diet until all fever has subsided. Laxatives, such as castor oil, should not be given unless the physician is sure that there is no evidence of appendicitis. Remember that in children an acute appendicitis may be accompanied by diarrhoea and tenesmus. A digital examination in such cases will elicit extreme tenderness, and often a mass high up in the rectum on the right side.—*Medical World.*

Mussolini Keeps Fit by Biologic Living.—Out of my organism I have made an engine constantly supervised and controlled which runs with absolute regularity." Thus Mussolini describes how he takes care of his body. Whatever one may think of his political ideas, he is a man of tremendous energy and large achievement. All the important business of the country, civil and military, passes through his hands. Unlike Hitler, he does not have a multitude of spokesmen to represent him or officials to carry on weighty affairs. He works twelve to fourteen hours a day and keeps in fine trim.

Webb Miller, of the United Press, had a long interview with El Duce about his health habits. Mussolini declared that he was almost exclusively a vegetarian. He considers alcohol damaging to the health of individuals and to collective health. He never drinks distilled liquors but sometimes takes a little wine at official dinners. He has not smoked since the World War. He eats only simple dishes such as the peasants prefer and much fruit and never touches tea or coffee.

From thirty to forty-five minutes are devoted daily to exercise, a variety of sports being enjoyed. He likes swimming best in summer, skiing in winter and horseback riding every day. He takes walks and fences and is familiar with such sports as bicycling, motorcycling, motoring and flying.

Whatever has happened in the day, on retiring, he falls to sleep at once. Going to bed regularly at eleven, he arises at seven. He takes no naps during the day. His audiences begin at eight o'clock and last until one P.M. They are resumed from three to 8 P.M. He finds time to read about seventy books a year in French, German and English. The volumes are chiefly historical or political. He visits the opera occasionlly. His work is very orderly and methodical. Mussolini has not been ill since 1925. He is nearing fifty-five years of age.

Many men say they are too busy to take exercise or to care for their health. Yet none of these have anything like the burden of responsibility which rests on the shoulder of the Italian leader. It is notable likewise that Hitler is similarly solicitous about keeping his body in good trim. He eats no meat, does not smoke or drink alcoholic beverages of any sort.—*Good Health (U S. A.).*

Lengthening the Span of Life.— By Walter S. J. Peiris, M.R.C.S., L.R.C.P. The span of life according to the Holy Bible is three score years and ten. In most countries, the span of life or the average duration of life has been scientifically determined not only in respect of the whole population but also as regards various professions, trades and occupations. The average duration of life in Ceylon has not been determined. It is therefore, difficult to estimate the extent of the possible prolongation of life through the reduction of mortality from various causes of deaths or through preventability and curability of certain diseases. That a good many of the deaths occurring in Ceylon are preventable will be evident from a perusal of the figures in connection with some of the principal causes of deaths, taken over from the Registrar-General's Report on Vital Statistics for 1934

Of the 127069 deaths that took place during this year 78 per cent or 99143 deaths were due to the following causes:—Convulsions (8592), Debility (7286), Diseases of the Integumentary System (10054), Prematurity (2487), Unrecognized causes of infant deaths (4887), Anchylostomiasis (2118), Diarrhoea and Enteritis (8047), Influenza (2305), Dysentery (2279), Pneumonia (8398), Malaria (2332), Pyrexia (15467) Puerperal State (4155), Phthisis (3094), Worm Diseases other than hookworm (4372), Acute Rheumatic fever (2131), Rickets (4878), Anaemia (2220), Enteric Fever (1715,) Diseases of Kidneys (1559).

6720 deaths were due to old age, 2827 to homicide, suicide, execution and accidents and 24384 to all other remaining causes.

Both the maternity mortality rate as well as the infant death rate can be reduced considerably. Similarly the number of deaths of children and adults resulting from the various causes enumerated above can be appreciably reduced if we can create a health consciousness in this country and succeed in convincing the politicians who do not pay any heed to the health welfare of the country, and the Medical Authorities and State Councillors who resent any suggestions from outside, that there is " no wealth but life " and that the health of the country could be greatly improved and the mortality rate considerably reduced.

When we analyse the principal causes that contribute to the bulk of deaths it will be seen that they are due to worms and germs, filth and flies water and sewage, cold and chills, poverty and ignorance and the lack of a proper knowledge of food and feeding. It will, therefore be apparent that with an increased health consciousness begotten of a knowledge of health, hygiene and sanitation, a good number of deaths, that are now taking place, could be prevented with a consequent prolongation of life or a lengthening of the span of life.

When the two sides of a ledger do not agree, one knows that there are errors in recording or in mathematics or mistakes in management. Much time has to be spent before the elusive figure which has escaped notice is found. It is so in life. Any defect in the human mechanism which disrupts the normal physiological activities should be detected and corrected at once before it has developed with compound interest to an unremediable defect. A qualified accountant renders

valuable service in detecting developing flaws which, left unchecked, would assuredly lead to financial ruin. The clinical physician who is an accountant of the economics of the human body is able to detect any lack of physiological balance and to correct its cause before much mischief is done. Those who have business acumen have their accounts audited by an accountant and those who desire bodily efficiency can do no less than have themselves examined by a physician annually.

Control of disease and prolongation of life is possible only by the co-operation of everybody concerned, and that includes every person in the State who has outgrown his babyhood and is able to understand. There should be co-operation between the Private Medical Practitioners and the Local Health Authorities. If the M. O. H's or their assistants do not inspect the cases of infectious disease as enteric etc. that have been reported and give the necessary precautions, "Notification" will then be only a farce. If the sanitary Inspectors tell the inmates of houses that Dr. so and so has reported to us to the effect that you are suffering from consumption, then "Notification" becomes the ruin of the private medical men who give of their best free, gratis and for nothing.

Similarly there should be co-operation between the home and the school. The principles of personal hygiene and sanitation taught at schools and practised at home will become second nature with children and the intelligent application of those principles both at home and elsewhere will naturally hasten the conquest of preventable disease.

If the adults take as much care of their bodies as they bestow on their motor cars, cattles, pets, etc. and avoid paying court to Lady Nicotine and making obeisance to Baron Booze, then it will not be a difficult matter to lengthen the average span of life—(*Young Ceylon*).

Health Tit-Bits

> "He liveth long who liveth well,
> All else is being flung away;
> He liveth longest who can tell
> Of true things truly done each day."
>
> *Horatio Bonar.*

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Heart Disease.—Heart disease is far more common in males than in females, in white persons than in Negroes, in Hebrews than in Gentiles, and in professional and business classes than in wage earners.—*The Doctor and O. D. Quarterly.*

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Sea Water Effective as Killer of Germs.—The ocean is the biggest and perhaps the best of all germ killers, Prof. Claude, E. ZoBell, of the University of California's Scripps Institution of Oceanography, has found. Harmful bacteria can not survive any great length of time in raw sea water, his studies show. He has not found just what it is in the ocean that kills germs, because synthetic or manufactured sea water is not so germicidal as the real article.—*Science News Letter.*

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Weaning.—Speaking of milk, it may be noted that in countries where the supply of animal milk is very limited, it has long been the custom for

mothers to nurse children at the breast until they are several years old. This is necessary because some foods eaten by adults are not suitable for the young child, and high mortality occurs when young children are weaned and transferred wholly to the adult type of diet, which they became able to tolerate with impunity only after they are well advanced in development. The provision of an abundance of milk in the child's diet is essential if it is to be safeguarded against digestive disturbances and malnutrition of a serious nature during early life.—*O. W.*

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Mohammed's Health Teaching.—Mohammed, the founder of a religious cult which numbers more adherents than any other, was much more than a religious enthusiast. His attitude toward health and the welfare of the body clearly indicates that he had a highly penetrating mind. One of his followers, Dinguizli, a native of Tunis, cites the following quotation from his writings:

"The study of the science of the human body shall be given the preference over the study of the religious sciences....If it were not for that fine dust which we see floating in the sunbeam, and if it were not for the danger from stagnating waters, Adam's son would live ten centuries."—*Good Health (U. S. A.)*

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Crawling Aids Stutterers.—A phenomenon, for which no explanation has as yet been ventured, has been reported in *Science*. Twentyfour stutterers have shown marked improvement, even to a complete cessation of stuttering, when they spoke while moving on all fours. These results were obtained last summer by Hazel Geniesse, in the Laboratory of Biolinguistics, at the University of Michigan. In her report, Miss Geniesse states: "When the stutterer assumed this position, the absence of speech rhythm (arhythmicity) and lack of co-ordination decreased." The report then adds: "By the assumption of the quadrupedal position, an alteration of blood pressure possibly ensues, which releases the blood that dilates the capillaries. Hence the spasmodic action (spasticity) ceases and the patient carries on a more nearly normal conversation." Possibly, the reduction of blood pressure in the small blood vessels in some parts of the brain may be the clue to the mystery of stuttering.—*Medical Record, Dec.* 19,1935.

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Home Remedies for Burns.—Warning agaist old-fashioned home remedies for burns, such as smearing the burn with butter, grease, ointment, oils or even that old stand-by Carron-oil has been issued by the American College of Surgeons.

At the present time physicians have learned that the best treatment for a serious burn is to give the patient a pain-killer, remove the burned tissue, and apyly, first a five per cent solution of tannic acid, and then immediately a ten per cent solution of silver nitrate. This forms almost instantly a black leather-like antiseptic, protective dressing. This is dried quickly and kept dry. No other dressing is applied.

The best and safest procedure in extensive burns is to call a physician immediately, in the meantime keeping the patient warm, and if no tannic acid solution is available, to make frequent applications of strong tea, freshly brewed with from eight to ten heaping teaspoonfuls of tea leaves to a pint of water. Non-greasy tannic acid pastes are also of value.—*Health Digest, New York.*